

HARMONY

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2023



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# YEARBOOK

JOCKEY CLUB HARMONY HALL



# Residence Master

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## Dr. Ma Chi Him

Eddie

Department of Neuroscience

Dear Harmonians,

Year 2022-23 is a memorable and joyful year for everyone. We are eventually able to fully return to normal with lots of face-to-face activities. This year, we have organized over 40 hall activities such as the orientation week, Semester A and B Welcoming party, Planking and Rope-skipping competition, Halloween party, Dragon's Back hiking day, cultural food night, DIY bubble milk tea night, gym workshop, energy station, Christmas Carnival, Poon Choi Banquet, high table dinner, E-sport competition, PEKC tryouts for 9 competitions.

Particularly, we have been very successful in the inter-hall PEKC campaign and won the overall championship!

We won the Championship of Men's 4 x 100m Relay, Men's 4 x 400m Relay, Table Tennis, Photography Individual, and Singing Contest Individual; First runner-up of Female Basketball and Female Soccer; Second runner-up of Badminton, Crate Climbing, and Singing Contest Group. I am certainly very proud of all the H7 residents involved, but not to mention, it won't be possible without the contributions from the RT team to organize countless tryouts throughout the competition. Especially, it is very challenging to reserve a badminton court for tryouts and training, and to organize tryouts for swimmers. I am very impressed with the talent that we have at Hall 7 and realize that many of our residents are multi-talented as some of the residents represent Hall 7 in several PEKC.





# Residence Master



## Continuation of RM's Message

For the hall events, we have received extremely enthusiastic support from the residents this year with over 20 student-initiated activities (SIA) applications and selected 8 SIA including, monkey hill hiking, treasury hunt, street workout workshop, cultural food night, cooking competition, bubble milk tea, mini-soap workshop, and volleyball day to keep our residents fully engaged and healthy. The newly elected Hall Resident Cabinet (HRC) and NLRB continue to contribute to hall activities. Our signature events such as Poon Choi Banquet and High Table Dinner is back to Hall 7. In terms of hall facilities, we purchased a Nintendo Switch, new pool table and installed the projector in the ground floor common room for group meetings and various hall events.

Finally, I am extremely proud of what we have achieved this year. The overall PEKC championship is definitely the highlight of the year 2023. Last time we won the overall PEKC championship was 8 years ago in 2016. This year, I am lucky enough to witness so much hall spirit and unity, hidden talent amongst our residents, the soulful singing performances and team spirit are a gateway to harmony and contentment. Thank you so much everyone who goes the extra mile to make 2023 an unforgettable year for all the Harmonians! I am sure that we will continue to strive for excellence and rise to the challenges ahead of us. Let's go Hall 7!

Yours faithfully,

Eddie Ma  
H7 RM  
April 2023





# Residence Tutor

**KWONG Yuki**  
**Lois Hou Yee**

**Lois**



1-2/F  
Public Policy and Politics  
Year 4

Hello, my name is Lois and I'm the residence tutor of the 2/F. I am honored to be part of the Hall 7 Management Team and to share the hall life here in Hall 7 with all the residents over the past year.

When I first took on this role, I was excited to take on the responsibilities of being the HRC liaison, and advocacy team RT. When the school year first started, I found that many residents did not know where to go shop for groceries and organise a grocery trip for our residents was the most fulfilling experience I had. All the memories in Hall 7 were so precious and I am grateful to spend the final year in CityU with the Hall 7 family.

As a resident tutor, my goal was always to make life a little easier and more comfortable for our residents. Whether it was through organizing events, advocating for your needs, or simply being there to listen, I hope that I was able to accomplish that. I would also like to send love to my 2/F residents, you guys are the most energetic residents an RT could have asked for and please continue to keep our floor's energy up!

One of the most rewarding aspects of this role was getting to know each and every one of you. I am proud of all that we have accomplished together with HRC and the advocacy team, and I am grateful for the memories we have made.

As my time as a resident tutor comes to a close, I want to express my gratitude to all of you for making this year such a special one. It has been an honor to be a part of Hall 7, and I wish you all the best in your future endeavors.





# Residence Tutor

**MANUEL  
Febrian**

**Febrian**



3/F

Data Science – Year 4

Over the past four years, Hall 7 has been a hub of excitement and camaraderie, with not a single dull day. Despite the challenges posed by physical and virtual events, our community has remained united and connected. As both a resident and Residence Tutor, I've been honored to contribute to the vibrant life of Hall 7 and participate in its many festivities. Whether in sports or other recreational pursuits, we've consistently pushed ourselves to excel and achieve victory. This year was particularly special, as our hall claimed the PEK overall championship, bringing joy and pride to all residents.



Though the previous years imposed restrictions that limited outdoor activities, we managed to organize and conduct numerous offline events and activities this year. As an RT responsible for facility management, I prioritized enhancing the hall's amenities to enable indoor recreation during the pandemic.

What I greatly appreciate about Hall 7 is its welcoming and diverse atmosphere, as well as its competitive spirit. As the only hall housing both local and non-local representative bodies, we not only value diversity but actively celebrate it. In my experience as a former NLRB member and current RT, I've witnessed first-hand how residents from various backgrounds seamlessly come together in harmony during hall events.



# Residence Tutor



## LI Mingyuan

Lester

4/F

Law – Year 3

Hey guys, this is Lester. You probably know me by the countless email about PEK I have spammed or have seen me around in Hall. For me, I've had an awesome experience as a RT this year. As our hall name "Harmony" suggests, the bond between the residents and the overall atmosphere are the most valuable resources of Hall 7. I have never see any other hall that have a better mingle than ours. We have the most diversified culture. If you come down to the ground-floor in the evening, you will see people from different countries, pretending to study with their lap-top open, actually discussing about their hometown or doing some other storytellings.



As the main RT responsible for PEKC, I cannot expressed through mere works my delight for our championship and my appreciation for everyone that contributed in achieving this victory. Having relative low number of residents as compared to other halls, it is the spirit and aspiration we have that had made us triumphed over the others, and we are only getting better next year.

Taking the role as RT allowed me to develop teamwork, event-planning, leadership, problem solving and other sets of skills. I have to admit and acknowledge that I made quite a few mistakes along the way and some of you had to bear with my carelessness and procrastination. I am thankful to all you guys for giving me this opportunity and the exposure. I also want to give a shout-out for my 4th floor residents, who were very nice to endure me the messes I made at the common room.

Thank you and I wish everyone (who have the patience to read till here) a great future ahead! Cheers!



# Residence Tutor

**SAIF ULLAH  
Muhammad**

**Saif**



5/F  
Computational Finance  
Year 4

Greetings, everyone! I am Saif, and I cannot express how grateful I am to have been a part of the incredible Hall 7 community for the past four years. My experience in this hall has been nothing but exceptional, and it has been an honor to serve as a senior resident tutor for the last three consecutive years.

As a tutor, I had the opportunity to fulfill various duties such as finance, liaison of NLRB, returning, and facilities. Living in Hall 7 has been a motivating factor for me to maintain my fitness, and the gym facilities have been a great source of support. During stressful times due to workload, playing pool or FIFA in the gaming room with my friends has been my go-to activity to relax.



The computer room in Hall 7 provides a serene environment that is perfect for studying, and I believe that the fantastic facilities provided by the hall have benefitted not only me, but also other residents.

Being a part of Hall 7 has brought a lot of positive changes in my life, such as time management, event planning, team building, and decision-making. I am proud to have received several awards during my tenure, including the 2nd award of best floor decorations (4/F) in 2020/2021 and 1st position in best floor decorations (5/F) in 2022/2023. Additionally, I am thrilled to have won several PEKC competitions, and I am proud to say that Hall 7 emerged as the champion this year.

In all, I envision Hall 7 as a place of absolute trust between residents, the hall management team, and the RM. Collaboratively, we work towards ensuring that our hall flourishes and continues to be the epitome of excellence. It has been an absolute honor to be a part of this community, and I am forever grateful for the memories, experiences, and lessons that Hall 7 has offered me.



# Residence Tutor



**CHANG**  
**Hsin-Yu**

**Sammi**

6/F

Finance – Year 4

After 3 years of online events, I'm glad to see all the hall events are back to normal. Hall 7 has many sports and recreational events for students to maintain a healthy lifestyle and meet people with same interests. Through the many competitions and physical events, we have always been able to maintain a sense of togetherness and belongingness. With all the physical events being resumed, we decided to keep the residents entertained by conducting more large-scale events and multiple interest-based workshops. We assisted students from different backgrounds to organize indoor and outdoor activities while equipping them with practical skills of event management.



Marked as my fourth year in Hall 7, I have witnessed several changes. From the social unrest and pandemics to the relaxations of all Covid rules, I have seen Hall 7 tried their best to create a harmonious environment for the residents to enjoy the hall life. As a former NLRB member and current RT, I am happy to see students have more channels and options to engage in Hall 7. With the large growth of Student Initiated Activities (SIAs), we are proud to assist 8 projects that allowed students to show their creativity and share their interests with other residents. I hope Hall 7 residents have enjoyed the good mix of local and non-local communities and the events come along with this diverse nature.



# Residence Tutor



## XU Lantian

**Alston**

7-8/F

Ph.D in Creative Media

Over the last year, we have experienced numerous exhilarating moments together. We've passionately competed in PEKC events and cherished memorable experiences from various activities organized by HMT, HRC, NLRB, and our fellow residents.

This marks the first year we've been able to see genuine smiles on faces without relying on our imagination, and the first time in three years that we could gather in groups more than four people due to the pandemic. I have lived in halls for five years and witnessed many changes. However, the enthusiasm and energy of our residents have remained unchanged.



Our Harmonians are the essence of Hall 7, embodying the spirit of Hall7, "JC Harmony, Fight for Victory". I have been continually amazed by your talents in sports, arts, and management. Thank you for your involvement and dedication to Hall 7, and I hope you have thoroughly enjoyed your time here over the past year.

This is my first year as a member of the hall management team, and I am truly grateful to my colleagues for their assistance with Advocacy and PEKC matters. I also extend my gratitude to the entire Advocacy Team for their incredible work throughout the year. May you all continue to be healthy, curious, and full of energy.



# Residence Tutor



**YAU**  
**Wing Kei**

**Venus**

9/F  
Chemistry – Year 4

Hello, all Harmonians. I am Venus from the 9/F, an undergraduate student from the department of Chemistry. Also, as a freshman at Harmony Hall, this hall provides an incredible experience for me. This year is also grateful since we all can witness the pandemic going to an end. The social restrictions are cancelled. Happy to see all of your smiling faces without a mask.

I enjoy spending time with residents with different backgrounds and interests. Common room, cooking, and drinks quickly bonded us, sharing experiences and filling us with happiness.



No matter our nationality, drinks, snacks, and football matches can bond Harmonians. As an RT, also allowed to be involved in different PEKC events, crate climbing, badminton, soccer, basketball, and singing contest... Every precious moment in the competition and every medal we got became the sweetest memory here. This is surely a fruitful year for us to enjoy the excitement of getting medals and ranking up high in the PEK Cup.

To Harmonians, thanks to all of you for your contribution paid in different events of our hall, being one of us. Sure that you all already gained something back after your landing in Hall 7. Your journey with Hall 7 never goes to an end.

“Play needs to have a blast!” “玩還玩記住要玩盡啲先!”



# NLRB

# NON-LOCAL RESIDENTS BOARD



The Non-Local residents board at Jockey Harmony Hall is not just an association, it is a family of open-minded individuals who strive to make the hall a better environment for all. It is a place where you learn to achieve great things in a team of like-minded people who are also willing to take risks and stay out of their comfort zones. The NLRB duties are to help to integrate different cultures and backgrounds into the dorm environment by providing fun and useful activities throughout an academic year. The board also acts as an assisting body between the residents and the hall administration, regularly engaging in meetings and planning discussions with one goal for both – to make the hall a truly harmonious place. Being a member of the NLRB teaches you multiple beneficial skills like leadership qualities, teamwork, management, and communication skills. It is a great responsibility to undertake as well as a vibrant opportunity to add colors to your dorm life.



# ADVOCACY TEAM



The Hall Advocacy Team is responsible for preparing and publishing promotional materials for hall activities. Our members include graphic designers, photographers, and social media managers. Our goal is to help attract more participants and share happinesses to our residents. The team's primary outputs include instagram posts, yearbook and year video throughout the year that captures the highlights and happinesses.



# HRC

## HALL RESIDENCE CABINET



Over the past year, the HRC has been dedicated to providing a warm and inclusive environment for all residents. We have organized a variety of activities and events designed to bring residents together and promote a sense of community.

One of our primary commitments was to ensure that all residents felt welcomed and supported in their living environment. To this end, we worked closely with the hall management team and NLRB to address any concerns or issues that were brought to our attention. We also grasp the opportunities to interact with our hall-mates by regularly setting up counters in the lobby. Apart from advertising our events, we hope that we can get to know more about the needs and demands of our beloved residents.

In addition to our focus on inclusiveness and support, we also organized a range of fun and engaging activities for residents to enjoy. These included exam period energy stations, Christmas Carnival, the Semester B welcoming party, the Poon-Choi Banquet, and also the intra-hall singing contest. We have created a lot of opportunities for residents to connect with one another and build lasting friendships.

Overall, we are proud of the work we have done over the past year to create a positive and inclusive living environment for all residents. We thank all residents for giving us the opportunity to serve. We remain committed to this goal and look forward to continuing our efforts in the future.

At last, we hope that all residents would feel the warmth spread among Hall 7 during the year. We may not be able to see each other again in the future, but I hope all of you can remember all the wonderful times we had here together!



# Yearbook Article

## CHAMPION

### RUHI JITENDRA JAIN – 508A



Starting my second year of college during the pandemic was a daunting experience. In search of a sense of stability and belonging, I decided to move into Hall 7, making it the best decision. The residents in Hall 7 made it feel like home. Despite not knowing most of them, they were warm and welcoming, and I quickly made friends with my floormates. The shared experience of living through the pandemic brought us closer, and the unique culture of Hall 7 made it easy to connect with others.

Living in Hall 7 was a breath of fresh air compared to the hustle and bustle of the outside world. It was calm and peaceful, and I loved my simple yet cozy room. Although I didn't have a roommate for the first three months, I never felt lonely. There was always someone to talk to or hang out with in the common room or the corridor. Cooking with my floormates was one of the best parts of living in Hall 7. It was a daily ritual that brought us together and created a sense of community. We experimented with new recipes and learned from each other's mistakes. The hours spent cooking and cleaning up afterward were some of the most cherished memories I have from living in Hall 7.

As time went on, I became more involved in the hall's activities. I was elected as the floor rep twice and served on the NLRB once. Organizing activities and events for my fellow residents was fulfilling, and it was a great way to give back to the community that had given me so much. From the Dalgona challenge to hill climbing, I tried to provide the hall with different activities to indulge in. It was a great way to bring people together and create a sense of belonging.

Living through the pandemic presented its own set of challenges, but I chose to stay in Hall 7 when everyone was told to go back home. I felt safer staying back and hardly went out, preferring to stay in the hall where I felt most comfortable. I spent my days studying in the ground floor common room and watching shows or movies in the entertainment room whenever I needed a break.

Hall 7 is more than just a building. It's a community, a family, and a home. My experiences in Hall 7 have shown me the importance of creating a sense of belonging and community wherever we go. Even if I leave and move on to new adventures, Hall 7 will always hold a special place in my heart. I still remember the first time I left Hall 7 to go home for the holidays. It was only for a month, but I felt sad leaving. This place had become my home, and the people here had become my family. It's a place where I made friends, created unforgettable memories, and learned valuable life lessons.

In conclusion, Hall 7 provided me with a sense of stability and belonging during a challenging time. It was a place where I found a community and made unforgettable memories. My experiences in Hall 7 taught me the importance of creating a sense of belonging and community wherever we go, and I will always be grateful to this hall and the people in it.



# Yearbook Article

## 1ST RUNNER-UP

### HUGO SHAM MING HIM – 210A



As I wandered aimlessly around 'Me & Hall 7', I was completely overwhelmed by the sheer number of events and activities going on. There were games, workshops, talks, and performances all happening at once, a never-ending cacophony of noise, movement, and scent. It was like being trapped in a maelstrom, where everything was happening too fast, and I couldn't keep up.

But even amidst the chaos, there were moments of clarity and beauty that shone like beacons in the storm. I connected with new people, formed new bonds, and learned so much. I saw a sing performance that left me breathless, have Halloween party, PEK competition and tasted foods that were completely foreign to me. I even took part in a writing workshop and discovered a passion for poetry that I never knew I had.

As the day wore on, I kept moving from one thing to the next, trying to take it all in, but it was like trying to catch sand in my hands. I played games, talked to vendors, and listened to talks on a dizzying array of topics, but my mind was spinning with the sheer overload of stimuli. The more I experienced, the more I realized how much was still left to discover, like a never-ending maze with no exit.

As the sun began to set, the mood of the hall shifted, and the air took on a melancholic tinge. The crowd thinned out, the music died down, and the stall owners began to pack up their wares, leaving behind an eerie silence that felt like the aftermath of a storm. But even as the day drew to a close, the energy and excitement of 'Me & Hall 7' persisted, pulsing through the air like a living thing, a haunting echo of what had come before. I felt a sense of belonging and community that I had never felt before, an overwhelming feeling of being part of something bigger than myself, but it was like trying to grasp smoke.

In the end, 'Me & Hall 7' was an experience that left me reeling, like a ship caught in a hurricane. It was a journey that pushed me to my limits, expanded my horizons, and filled my heart with wonder, but it was also a journey that left me feeling disoriented and lost, like a traveller in an unknown land. It was a reminder that life is full of surprises, and that sometimes, the best things happen when we step outside our comfort zones, but it was also a reminder that there is a limit to how much we can take, a limit to how much we can endure. It was a celebration of creativity, diversity, and the human spirit, but it was also a testament to the fragility of our existence, to the fleeting nature of our joys and sorrows. And most of all, it was an invitation to keep exploring, keep learning, and keep growing, but it was also a warning that the path ahead is uncertain, and that the only way to navigate it is by taking one step at a time, with courage and humility, with hope and resilience



# Yearbook Article

## 2ND RUNNER-UP

### CHELSEA LEUNG WING SUM – 509B



The relationship between man and place is always complicated. Whether it is environment, people, or culture, all affect people's evaluation and experience of a place. Admittedly, it took me nearly a year to form a complex relationship with Hall 7.

New situations make me nervous. But the enthusiasm of the Hall 7 crowd soon melted my unease. Whether it was my roommate or the security guard, they were all my friends who lived in hall 7. Whenever I returned to hall 7, I felt like I was back home. "Come back? How was your day?" These are the words I hear daily and the moments that warm my day.

In Hall 7, a place of diverse cultures, countless activities await us. By participating in these activities, I get to know my friends and cultures around the world simultaneously. But the most common activity is cooking!

Hall 7 is a place with many lovely residents. Living in such a loving environment will make me very glad to have decided to live in the dormitory. My connection to hall 7 grew deeper and deeper, and I felt "scared" again. I fear when I leave this place unwilling; I fear I need to say goodbye to these people; I am afraid that I will not have the chance to see this beautiful scenery in the future.

The relationship between a person and a place is complicated, and I loved the place Hall 7, but it was destined to be separated. But it also made me appreciate every day, every second, and every person I spent in Hall 7 before I left.



# Yearbook Article

## 3RD RUNNER-UP

### PRIYANKA RATHI – 508B



Before I understood what home meant



After I understood the true meaning of home



Home is where my friends are

When I first set foot onto the entrance of the hall, it barely took me a minute before I felt that this was nothing like where I grew up. But in that strange feeling was a sense of excitement and adventure. After checking in, I walked up to my room while trying to observe all kinds of emotions that were flowing in my mind. A very vivid image of the empty room still persists to exist. The first two days were tiring, I was busy trying to put things in their respective places, familiarize myself with the residence and the hall, and come to terms with the changes. This feeling intensified when I had my friends come over to my room to have fun, relax, or just work together; Or when I would wake up to a lazy Sunday morning and a deep conversation with my roommate.

With time, the once very strange room became the source of pleasure and many memories that I will cherish for long. It is prevalent and I agree that home is a feeling more than it is a place. As time went by, I could see myself getting used to this feeling of homeliness and being myself within these bounds of the residence.

It has been two years since I moved to the university residence, and the empty room became a source of energy for me: a place I would look forward to after a tiring day or a place where I would return if I needed peace of mind. Waking up to make my breakfast in the common room and smiling at my floormates, or greeting the security guards when I am returning to the hall; Whether it is running into a friend in the hall and talking for a few minutes or even getting together for events: these are the things that make this home, a sweet home.



# Yearbook Article

## 3RD RUNNER-UP

### YIU CHOI WING – 509B



I am Gladys Yiu, a year one student currently living in Hall 7. Throughout the year, the harmony hall in CityU offers a vibrant and enriching dorm life experience to me. In the beginning, I thought the dorm would be just a place for me to rest after school where it is located right next to the main campus. But then I figured out that the hall is actually a home to a diverse community of students from different cultural and academic backgrounds. Also, the speciality in hall7 is that the amount of international students is comparatively more than other halls, so it provides me and also other hallmates an opportunity to broaden their horizons and learn from one another by exchanging our different cultural values.

The facilities in harmony hall are modern and well-equipped, providing us with a comfortable and convenient living environment. I personally love to stay in the spacious communal lounge since it is a great place to socialize with other residents. While the computer room provides a quiet space for studying and working on assignments until late night, I use the printer there a lot to print my lecture notes out, so I specifically like the computer room a lot. The gym room is also convenient for us to work out just below the floors. Hall 7 also hosts a variety of events and activities throughout the year, including cultural nights, game tournaments, and movie nights. These events have brought us together and provide opportunities for personal and professional development. The hall staff are also supportive and approachable, offering assistance and guidance to residents whenever needed.

Living in Hall 7 provides an opportunity to develop valuable life skills, such as time management, communication, and teamwork. Sharing a living space with others teaches residents how to be responsible, respectful, and considerate towards others, which is essential for personal and professional success which could not be learned in other places.

In summary, Hall 7 at City University of Hong Kong offers a fulfilling and dynamic dorm life experience to me. The diverse community, modern facilities, and supportive staff create an environment that promotes personal and academic growth, and prepares residents for success in their future endeavours.



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SEMESTER A





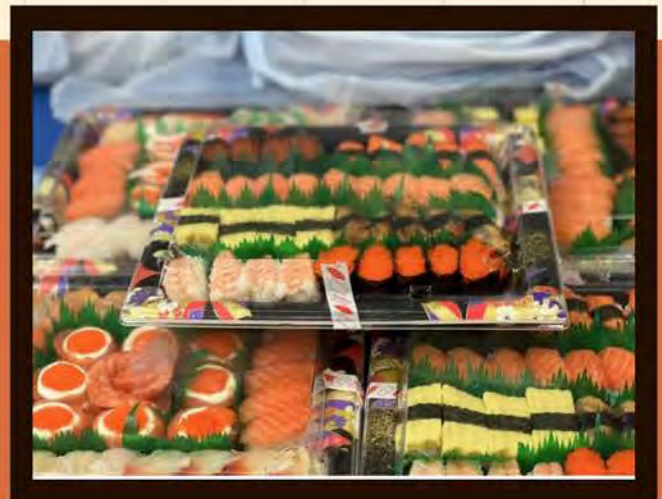
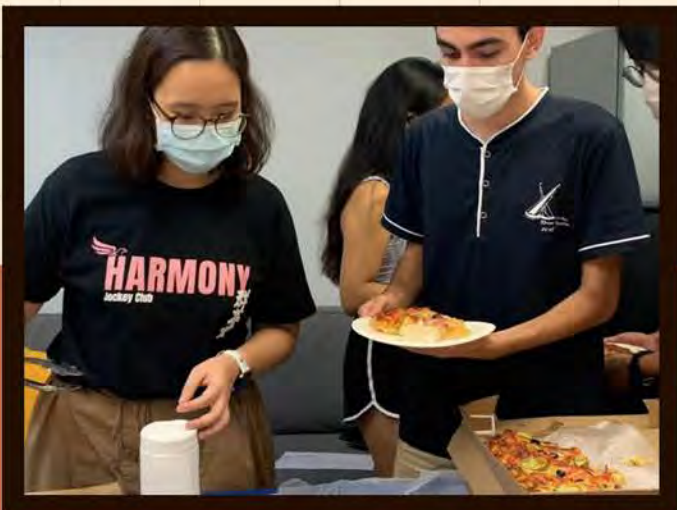
9 Sept 2022

HMT

# WELCOME PARTY



On 9 September 2022, we had a welcome party for new residents of Hall 7. It was a lively and enjoyable event. The party provided an excellent opportunity for new residents to meet and get to know each other. The hall management team provided a range of food and drink options, including sushi, pizza, and beverages. RM and RTs, the representatives of the hall management, explained the rules and regulations of the hall to new residents, and also showed them the basic equipment provided in the hall. Through the welcoming atmosphere of the party, new residents were able to create new friendships and feel more comfortable in their new homes.





18 – 23 Sept 2022

HMT

# FLOOR MEETING

During 18-23 September 2022, we had the floor meetings gathering of residents from each floor of the hall. The meeting provided free food and snacks for residents and was an excellent opportunity for people to get to know their floor mates and other hall mates. Residents from different cultural backgrounds and nationalities were able to interact with and learn more about each other through the sharing of stories and experiences. This event helped foster a sense of community among residents and encouraged people to participate in future events.





19 Sept – 16 Oct 2022



HMT

# PLANKING

During 19 Sept - 16 Oct 2022, Hall 7 organized a planking challenge and they called for residents to participate. Residents must upload their unedited planking video before the deadline. The aim of the challenge is to showcase their core strength and endurance while also spreading the hall's firm spirit for their team. Overall, this challenge is a fun and engaging way to promote wellness and encourage participation in physical activity.



## Male winners:

Champion - SITU, Genhui(306B)  
1st runner-up: BEISHEBEKOV, Aliaskar (404B)  
2nd runner-up: CAI, Jiajun (305A)

## Female winners:

Champion - CHUI, Ming Yau (310A)  
1st runner-up: AKBAYEVA, Anelya (409B)  
2nd runner-up: AURELIA, Christy Anjanette (308A)





19 Sept – 16 Oct 2022

HMT

# ROPE SKIPPING

On 19 Sept - 16 Oct, Hall 7 promoted a rope skipping challenge to encourage its residents to prioritize physical activities. The challenge is designed to unite the residents and inspire them to burn calories while showcasing their Hall 7 spirit. To participate, residents are required to record their rope-skipping efforts and submit the video to the organizer.

## Winners

### Male (45-secs):

Champion - ZHANUZAKOV Erzhan (404A)

1st Runner-up - PHAN, Hoang Truong Tho (302B)

2nd Runner-up - LEUNG, Chiu Shing (210A), BEISHEBEKOV, Aliaskar (404B)

### Female (30-secs):

Champion - HO, Yin (307A)

1st Runner-up - LIU, Jingxuan (405A)

2nd Runner-up - LAN, Qingyang (204B)





5-6 Oct 2022

PEKC



# BADMINTON



On the 5th and 6th of October 2022, we had our very first PEKC event, the badminton competition. After multiple sessions of tryout and training, our efforts paid off. We won our first PEKC trophy, Second Runner-Up prize. This year, thanks to our proactive and athletic residents, we performed extraordinarily well in many PEKC events throughout the year. Badminton is just the beginning.





15 Oct 2022

PEKC



# AQUATIC MEET



On 15 Oct 2022, we had the PEKC Aquatic Meet. After two sessions of tryout, we sent out our male and female team and successfully completed the competition and ranked 5th for the male team. Regardless of the results, the spirits of our athletes shall always remind us of the hall slogan, "JC Harmony, fight for victory".





23 Oct 2022

PEKC

# ATHLETIC

Marvelous! Hall 7 won the Champion of men 4x100 relay, Champion of men 4x400 relay and the Third Prize of women 4x400 relay during the PEKC Athletic Competition on 23 Oct 2022. Remarkable achievements for all of us. Special thanks to the generous help of our coach Ray, a U-Team member. Life is a marathon with no destinations, our residents are always on the way.





28-29 Oct 2022

NLRB

# HALLOWEEN PARTY



On 28-29 Oct 2022, the NLRB members organized a Halloween party in the multifunctional Hall C, which spanned across two days. The party was complete with frightening games, movies, and complimentary snacks and drinks for all attendees. Additionally, there were game stations and a werewolf game for everyone to enjoy.





6 Nov 2022



SIA

On Sunday evening of November 6, we had a wonderful and interesting cultural food night with delicious food Kyrgyz, Indonesian and Chinese food. Residents were introduced to the stories behind the food as well as how they are cooked. They then learned how to cook those food by themselves. This was the first SIA event of the year, followed by more SIA events throughout the year.

# CULTURAL FOOD NIGHT





13 Nov 2022



SIA

On November 13, we had our second SIA event, DIY milk tea. We all love milk tea, and our lovely residents introduced some common ingredients to the participants and demonstrated how the ingredients were made and cooked. Later, participants enjoyed how they DIY their own bottle of milk tea with their own preferred taste.

# DIY MILK TEA





19 Nov 2022

PEKC



# CRATE CLIMBING



Congratulations, Harmonians! On November 19 of 2022, we won Second Runner-up during the crate climbing competition at MacPherson Stadium. What a great victory for Hall 7. We thank you for all our energetic team members for their efforts and professional skills, together with their spirit of teamwork. We also appreciated all our supporters to boost team's energy.





26 Nov 2022

NLRB

# DRAGON'S BACK HIKING

On 26 Nov 2022, the NLRB members of Hall 7 organized a hiking trip to Dragon Back where residents had the opportunity to enjoy scenic views while hiking. The hiking day was a great chance for residents to come together and participate in outdoor activities. The trip was well-organized, and everyone had an enjoyable time. Overall, the hiking trip to Dragon Back was a fun and exciting experience that brought the residents of Hall 7 closer together.





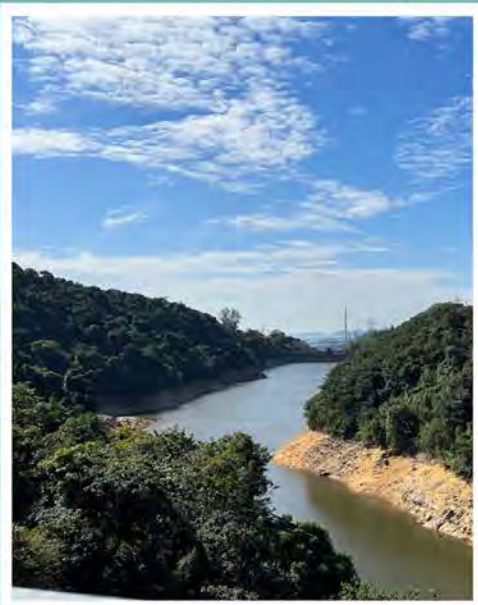
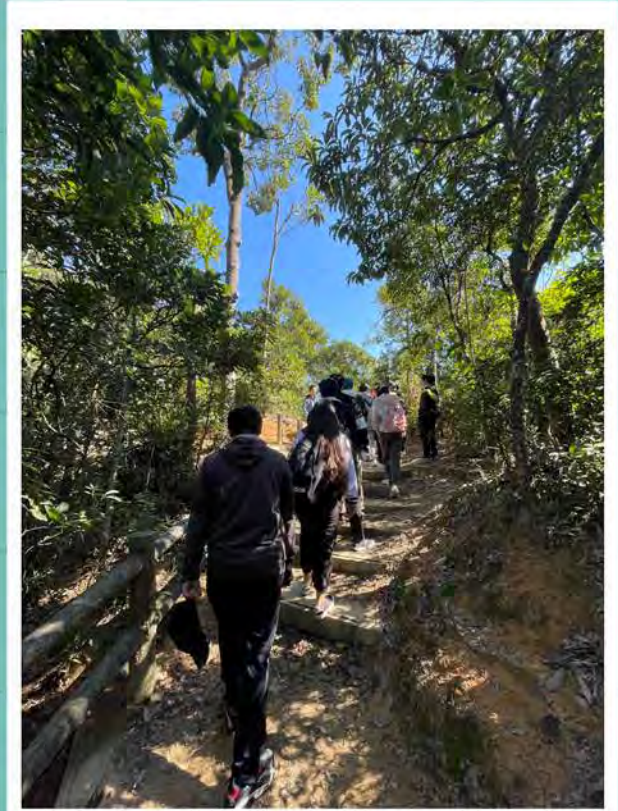
18 Dec 2022

SIA



# MONKEY HILL HIKING

Winter was coming, but we had the a fabulous hiking trip to the Monkey Hill with our residents on a sunny and warm day. This trip was initiated by our amazing residents. What a refresh after the final exams! Being in the forest and by the river reminded our residents of how close we could be with the true nature instead of being crowded within the metal forest.





20-21 Dec 2022



HRC & NLRB



# CHRISTMAS CARNIVAL

On Dec 20-21, this year's Christmas Carnival was organised by our HRC and NLRB. Have you taken a photo with our Santa that night? Many residents took amazing photos with their friends at the carnival with the amazing decorations as well as played games at multiple booths to fight for the big prize. The carnival was the last event in 2022, and it brightened the coming new year.





x x x

➤ **SEMESTER B** ◀





11 Jan 2022



HRC



# SEMESTER B WELCOME PARTY



Hope everyone had enjoyed their semester break. On January 11, HRC held a welcome party to welcome old and new residents. Thanks to the lifted anti-covid policy, residents are able to enjoy the night with each other together. Food and drinks, you and me. Hope you had met some new friends!





14 Jan 2022

PEKC



# TABLE TENNIS

On January 14, congratulations to our table tennis team for bringing another trophy back, the CHAMPION, in table tennis competition. We are so proud of our athletes who put in their time, passion, and dedication to make this happen. Table tennis was the first PEKC event in semester B and we've got a good start, keep it going!





20 Jan 2023

NLRB

# PUBG COMPETITION

On January 20, NLRB organised the PUBG Competition. It was a great opportunity to meet new friends at the beginning of a new semester. Participants also had dinner together after the competition. What a chill and refreshing night. How many kills and headshots did you get? Congratulations to the winners!





28 Jan 2023

SIA



# TREASURE HUNT

On January 28, our residents organised another SIA event, the Treasure Hunt around the student residence. The Treasure Hunt utilised both indoor and outdoor spaces to ensure a diverse and immersive experience. The organisers had carefully planned the event, setting up a series of cryptic codes, riddles, and puzzles at various locations throughout the residence. What a refreshing day before the semester started!





1 Feb 2022

HRC



# POON CHOI BANQUET

In Hong Kong, it is customary to celebrate Chinese New Year by partaking in Poon Choi, a traditional dish. On February 1st, HRC hosted a Poon Choi Banquet for our residents to celebrate the Year of the Rabbit. Along with the delectable cuisine, the event featured various games, performances, and numerous rounds of lucky draws. Do you recall the ultimate prize of a Nintendo Switch? I'm sure you had a fantastic time that night.





3 Feb 2023

PEKC



# FEMALE BASKETBALL

Another trophy for PEKC! Our female basketball team's performance was truly outstanding, culminating in a well-deserved second place win. This accomplishment is a testament to the hard work, dedication, and unwavering commitment of our team members who continuously strive to excel in their respective sports. Also big thanks to everyone who showed up to support us.





10 Feb 2023

PEKC



# MALE BASKETBALL



We would like to express our appreciation to all the athletes who participated in the male basketball competition, for their dedication and perseverance. Although we were not able to secure a win, we want our athletes to know that we are still proud of their efforts and achievements.





22 Feb 2023

PEKC



# MALE SOCCER

The PEKC Male Soccer Competition took place on 22 Feb 2023 at JSC, with our team emerging victorious against a formidable Hall 9 Team. The competition was undoubtedly challenging, but our team displayed remarkable skill and determination to secure the win. We commend the efforts and hard work of each member of the team. Their triumph served as an inspiration to others, showcasing the power of teamwork and perseverance.





23 Feb 2023

SIA

# STREET WORKOUT WORKSHOP

On February 23, our residents organised the Street Workout Workshop in the residence area. Exercising strengthens your bones and muscles as well as improves your brain health, it also helps to reduce stress and risk of disease. Participants all showed strong interests in the workshop to learn how exercises could be just so easy.





25 Feb 2023

NLRB

# BOWLING DAY

On February 25, NLRB organised their signature event, the Bowling Day. Despite not having prior experience in bowling, our residents had a delightful afternoon in the company of their friends at Whampoa. This event served as an opportunity for our residents to socialise, unwind, and participate in an activity that they may not have previously tried. Overall, it was a fun-filled day that allowed our residents to engage with one another in a relaxed and enjoyable setting.





2 Mar 2023

SIA

# INDIAN CUISINE WORKSHOP

Our hall is home to individuals from diverse cultural backgrounds, including a few residents from India. As a means of promoting cross-cultural exchange and celebration of diversity, several Indian residents organised an SIA event on 2 March 2023 to introduce their hometown cuisine to fellow residents. This event provided an excellent opportunity for residents to explore the flavours and tastes of India and learn more about the cultural significance of the dishes. By sharing their culinary heritage, the Indian residents not only fostered a sense of community and understanding within the hall but also enriched the cultural experience of their peers.





8-14 Mar 2023

PEKC



# PHOTOGRAPHY COMPETITION

While photographs capture moments that we may forget over time, the emotions and experiences that we associate with those memories remain etched within us. Hall 7 emerged as the individual category Champion in this year's PEKC photography competition. We commend all participants for their efforts in capturing the essence of this place that we call home far away from home, because home is truly wherever you are.





10 Mar 2022



HRC



# INTRA-HALL SINGING COMPETITION



Before the Inter-hall Singing Contest, HRC organised an Intra-hall one to select the best singers among our residents on March 10. Have you enjoyed the beautiful voices from our participants? The winners will be attending the PEKC Singing Contest on behalf of Hall 7, let's cheer for them on the day.





15 Mar 2023

PEKC



# WOMEN SOCCER PENALTY KICK

The PEKC Women's Soccer Penalty Kick Competition took place at JSC on March 15. Our hall won another 1st runner-up. Our residents put in a great deal of effort, particularly during the semi-final round which witnessed the highest number of goals of the night, as they battled their way to the final round. We appreciate your dedication and exceptional abilities. Good job!



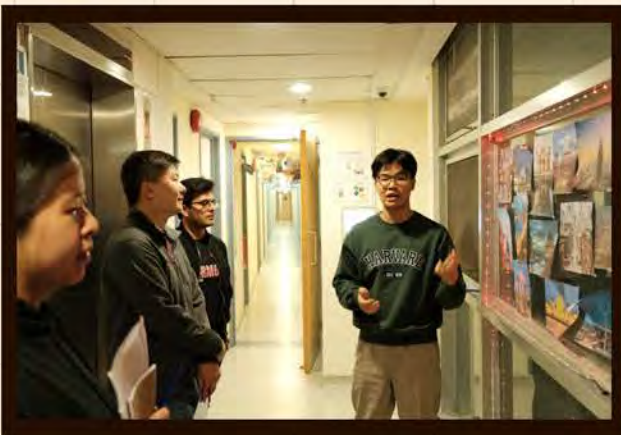


16 Mar 2023



HALL 7

# HMT FLOOR DECORATION



A floor decoration competition was held on March 16, with each floor selecting their own theme with the assistance of their floor representatives. The themes took residents on a journey to various places and realms. The residence master, Eddie, and guest judge, Hall 2 residence master, Dr. Ray, assessed the decorations and declared 5/F as the winner out of the 8 floors. Well done to the 5/F residents for their enthusiasm and dedication in making our residence feel more like home.





17 Mar 2023

HMT

# E-SPORT FIFA COMPETITION



People love football, and it is a great opportunity to compete with friends in FIFA. On March 17, HMT held an E-Sport FIFA competition, and the level of the game was intense. It was a wonderful night for participants that night to come together and battle on the virtual pitch. Congratulations to the winners!





18 Mar 2023

NLRB

# PICNIC DAY

On March 18, NLRB organised a picnic day at Shing Mun Reservoir. Water, sunshine, food, and you, my friends, were all we needed on such a refreshing day. Residents shared their food and games as well as laughter with each other, leaving all participants with memorable moments that bleached stress during those busy days.





23 Mar 2023



SIA

# VOLEYBALL NIGHT

On March 23, our residents organised a Volleyball Night for beginners. Not only is it a great way to bond and blow off some steam, but sports like volleyball have numerous benefits for students, from improving physical health and coordination to boosting mental wellness and academic performance. Always nice to learn a new sport.





26 Mar 2023



SIA

# MINI SOAP WORKSHOP

On March 26, our residents organised a Mini Soap Workshop. Many residents came to learn how to craft their own soap. Not only did they learn to process raw material, but participants also crafted the soap with their imaginations including different shapes and styles with glitter powder. Participants also took the chance to make soaps for their friends as gifts.





28 Mar 2023

PEKC



# SINGING CONTEST

On 28 March 2023, we had the last PEKC event, Inter-hall Singing Contest. Congratulations to Hall 7! We won the Champion in Individual Category and 2nd Runner-up in Group category. What beautiful voice and incredible talents our residents had! All audience applauded for you at the night for not only your charming voice, but also your emotions and spirits. This also marked the end of PEKC 2022/2023, and Hall 7 won the overall CHAMPION throughout the year, and also this is the fourth time Hall 7 wins the PEKC championship. All these thanks to the efforts and dedication from our beloved residents!





31 Mar 2022



HMT

# PEK CUP CELEBRATION PARTY



On March 31, the HMT organised a PEKC celebration party for winning the Championship this year, and also the fourth PEKC Champion Hall 7 has ever won. Many players and residents came to share their happiness together. All challenges and difficulties we faced in the past have not stopped us striving for our goal, and all the sweat and tears paid off. This is absolutely a collective winning for you, and Hall 7. We look forward to the games next year.





15 April 2023

NLRB

# HIGH-TABLE DINNER



On April 15, NLRB organised our last signature event of the year, High Table Dinner where residents got dressed and enjoyed the night with their fellows. Residents celebrated the achievements Hall 7 had made and toasted to the best luck in the following final exams. We had a guest speaker who talked about the right way to deal with stress, including how we see difficulties and how we could seek help from others. We also shared the night with two guests from SRO who we would like to thank for their generous help in the last year. It has been almost the end of this academic year, we remember all the valuable moments we had and we wish all the best to everyone in the future.





THE PROFESSOR EDMOND KO CUP



# PEKC AWARDS

2022/23

BADMINTON 🏆  
MALE ATHLETE MEE 🏆  
CRATE CLIMBING 🏆  
TABLE TENNIS 🏆  
FEMALE BASKETBALL 🏆  
FEMALE SOCCER 🏆  
PHOTOGRAPHY INDIVIDUAL 🏆  
SINGCON INDIVIDUAL 🏆  
SINGCON GROUP 🏆



*JC Harmony, Fight for Victory*



JOCKEY CLUB HARMONY HALL

# YEAR HIGHLIGHT

2022/23



WE DANCE



HALL 7, 群萃堂



ALL I WANT IS...



FOODIE & BUDDY



MERRY CHRISTMAS





RAISE THE SAILS



TOAST TO MY FRIENDS



THE DAY 0



OUR 1ST PEKC AWARD



ANOTHER TROPHY



THE PLACE WE MET

As we close the chapter on this unforgettable year at hall 7, we can't help but reflect on the memories we've created, the friendships we've forged, and the lessons we've learned. Our home away from home has seen us through challenges and triumphs, late-night study sessions, and spontaneous laughter.

Here's to the story we've written, the memories we'll treasure, and the bright futures that await us all. Farewell to those to leave, dear friends, until our paths cross again, and nice to meet you again to those who stay, see you next year.



HARMONY

HARMONY

HARMONY

HARMONY

